

Trends in the Prevalence of Dietary Behaviors and Weight Control Practices

What Is the National Youth Risk Behavior Survey (YRBS)?

The national YRBS monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

1993	1995	1997	1999	2001	2003	Changes from 1991 – 2003 ¹	Change from 2001 – 2003 ²
sumed 100	% fruit juice	e, fruit, gree	en salad, po	tatoes (exc	luding Frenc	h fries, fried potatoes, or potato	chips), carrots, or other
NA	NA	NA	23.9 (±1.7) ⁴	21.4 (±1.3)	22.0 (<u>+</u> 1.4)	No change, 1999 - 2003	No change
NA	NA	NA	18.0 (<u>+</u> 1.8)	16.4 (<u>+</u> 1.3)	17.1 (<u>+</u> 2.7)	No change, 1999 – 2003	No change
ood, fewer	calories, o	r foods low	in fat to lo	se weight	or to keep fr	om gaining weight	
NA	NA	NA	40.4 (<u>±</u> 1.7)	43.8 (<u>±</u> 1.8)	42.2 (<u>+</u> 1.5)	No change, 1999 – 2003	No change
			ig weight				
NA	51.0 (<u>+</u> 1.3)	51.5 (<u>+</u> 1.7)	58.4 (<u>+</u> 1.8)	59.9 (<u>+</u> 1.5)	57.1 (<u>+</u> 3.2)	Increased, 1995 - 2001 No change, 2001 - 2003	No change
			s to lose we	eight or to l	keep from ga	aining weight	
NA	NA	NA	12.6 (<u>+</u> 1.3)	13.5 (<u>+</u> 1.1)	13.3 (<u>+</u> 1.1)	No change, 1999 – 2003	No change
			r to keep f	rom gainin	g weight		
NA	4.8 (<u>+</u> 0.7)	4.5 (<u>+</u> 0.6)	4.8 (<u>+</u> 0.7)	5.4 (<u>+</u> 0.6)	6.0 (<u>+</u> 1.2)	No change, 1995 – 2003	No change
	and vegeta sumed 100 s during the NA or more gla e 7 days p NA to lose we te 30 days NA nout eating te 30 days NA or took lax te 30 days	and vegetables 5 or more glasses per date 7 days preceding the NA NA To lose weight or to a let 30 days preceding the NA NA To lose weight or to a let 30 days preceding the NA NA To lose weight or to a let 30 days preceding the NA NA To lose weight or to a let 30 days preceding the NA NA To lose weight or to a let 30 days preceding the NA NA To took laxatives to lose 30 days preceding the NA NA To took laxatives to lose 30 days preceding the NA NA To took laxatives to lose 30 days preceding the NA NA To took laxatives to lose 30 days preceding the NA NA	and vegetables 5 or more times sumed 100% fruit juice, fruit, gree is during the 7 days preceding the NA	and vegetables 5 or more times per day sumed 100% fruit juice, fruit, green salad, pos during the 7 days preceding the survey.) NA NA NA 23.9 (±1.7) ⁴ For more glasses per day of milk the 7 days preceding the survey.) NA NA NA NA 18.0 (±1.8) Food, fewer calories, or foods low in fat to low the 30 days preceding the survey.) NA NA NA NA 40.4 (±1.7) To lose weight or to avoid gaining weight the 30 days preceding the survey.) NA 51.0 (±1.3) (±1.7) (±1.8) Food eating for 24 or more hours to lose we see 30 days preceding the survey.) NA NA NA NA 12.6 (±1.3) For took laxatives to lose weight or to keep for 30 days preceding the survey.)	and vegetables 5 or more times per day sumed 100% fruit juice, fruit, green salad, potatoes (excess during the 7 days preceding the survey.) NA NA NA (±1.7) ⁴ (±1.3) Por more glasses per day of milk the 7 days preceding the survey.) NA NA NA (±1.8) (±1.3) Promore glasses per day of milk the 7 days preceding the survey.) NA NA NA NA (±1.8) (±1.3) Promore glasses per day of milk the 7 days preceding the survey.) NA NA NA NA (±1.8) (±1.3) To lose weight or to avoid gaining weight the 30 days preceding the survey.) NA S1.0 (±1.3) (±1.7) (±1.8) (±1.5) Thout eating for 24 or more hours to lose weight or to like 30 days preceding the survey.) NA NA NA NA (±1.6) (±1.1) Protook laxatives to lose weight or to keep from gaining the 30 days preceding the survey.) NA 4.8 4.5 4.8 5.4	and vegetables 5 or more times per day sumed 100% fruit juice, fruit, green salad, potatoes (excluding Frence soluting the 7 days preceding the survey.) NA NA NA NA (±1.8) (±1.3) (±1.4) The more glasses per day of milk the 7 days preceding the survey.) NA NA NA NA (±1.8) (±1.3) (±2.7) The more glasses per day of milk the 7 days preceding the survey.) NA NA NA NA (±1.8) (±1.3) (±2.7) The more glasses per day of milk the 7 days preceding the survey.) NA NA NA NA (±1.8) (±1.3) (±2.7) The more glasses per day of milk the 18.0 (±1.8) (±1.1) (±2.7) The more glasses per day of milk the 18.0 (±1.8) (±1.8) (±1.1) (±1.1) The more glasses per day of milk the 18.0 (±1.8) (±1.8) (±1.1) (±1.1) The more glasses per day of milk the 18.0 (±1.8) (±1.8) (±1.8) (±1.1) (±1.1) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.8) (±1.8) (±1.5) (±3.2) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.8) (±1.5) (±3.2) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.8) (±1.5) (±3.2) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.1) (±1.1) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.1) (±1.1) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.1) (±1.1) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.1) (±1.1) The more glasses per day of milk the survey.) NA NA NA NA (±1.8) (±1.8) (±1.1) (±1.1) The more glasses per day of milk the survey.)	1993 1995 1997 1999 2001 2003 1991 - 2003 2004 2004 2005 1991 - 2003 2005 2006 2006 2006 2006 2006 2006 2006 2006 2006 2006 2006 2006 2006 2006 2007 2008 2008 2008 2008 2008 2008 2008 2008 2008 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009 2009

Based on linear and quadratic trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

Where can I find more information?

More information about the YRBSS is available at www.cdc.gov/yrbss or call (888)231-6405.



² Based on T-test analyses.

³ Not available.

⁴ 95% confidence interval.